

Historic, Archive Document

Do not assume content reflects current
scientific knowledge, policies, or practices.

1.9-11
P-75

INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION
SEPTEMBER 7, 1938 (WEDNESDAY)

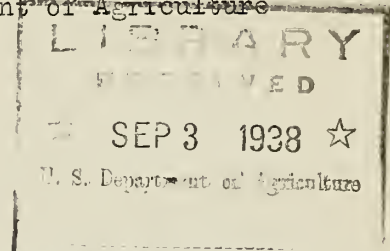
WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

THE SPOTLESS TABLECLOTH



EDITORS PLEASE NOTE. So many requests on how to ~~take food stains~~ out of tablecloths, napkins, and clothing come to the Bureau of Home Economics that we are departing, this week, from news on food itself and giving directions for stain removal by simple, home methods.

Just as foods have their seasons, so do food stains on tablecloths and napkins.

Early September is an especially trying season for the homemaker, who has managed to squeeze washday in between the back-to-school rush and the now-or-never end of the canning season -- only to find daubs of peach stain and splatterings of ginger ale-grape juice punch on her best linen tablecloth.

So in consideration for hundreds of homemakers faced with similar hectic washdays throughout the country, we're going to give a few hints on how to keep table linen spotless by simple, home methods. These hints are for white, washable napery, including that made from cotton and rayon as well as from fibers of the flax plant.

Foods now causing the most trouble as a result of accidents at table are fresh fruits, especially peaches, pears, and plums; milkshakes and soft drinks including ginger ale and the whole array of popular carbonated beverages, grape juice, iced tea, coffee and chocolate; ice cream and frozen desserts of all kinds; and salad oil and salad dressings.

Chances of completely removing a stain are at their best if you begin work immediately, before the spot has had time to dry. By all means do the spotting before laundering. Merely smoothing the surface with a hot iron, often sets a stain so it is difficult to budge.

Brush or scrape off as much of the spilled food as possible. Use the simplest methods first. Sponging with clear, cool water often loosens the stain, and it practically never does any harm. Work with patience and care. Often the WAY in which the cleaning is done is as important in final results as the cleaning materials used.

For quick and efficient removal of spots on napery you will need three types of cleaning agents, in addition to the usual laundry supplies. You should have a good bleach, and materials for absorbing and dissolving various stains.

A bleach is the substance which comes nearest to guaranteeing final spotlessness in removing stains from white, washable materials. Sodium perborate is one of the best of bleaches because it works slowly and gently. It will not injure white cotton, linen, rayon, or even silk. Other good bleaches which are quicker and more vigorous in their action are oxalic acid and Javelle water. Oxalic acid has the disadvantages of being harmful to some materials and poisonous to human beings. Javelle water, and other similar chlorine bleaches commonly sold under trade names, are potent and very rapid in their action, and must be used with caution. Read and follow directions when using bleaches -- or your table linen may age before its time.

Good absorbents to use on stains are chalk, white talcum powder, cornstarch, and corn meal. Absorbents act like blotting paper in taking up much of the staining material, and are especially useful for stains of a fatty nature.

A solvent of some kind, to dissolve the staining material, is almost indispensable in cleaning. Plain water will do the trick with sugars and starches.



Carbon tetrachloride is invaluable for taking out grease and oil stains. It's the only common grease solvent which is noninflammable. Glycerin is best for dissolving tannin, which causes so much of the trouble with fruit stains.

To use a solvent, place the cloth, stain side down, against folds of soft, clean cloth or clean white blotting paper. Apply the solvent with a piece of cheesecloth or a sponge. Thus the soil is forced down from the surface instead of being drawn up through the material.

Here are some hints for removing certain stains.

PEACH, PEAR, or PLUM stains. These stains are tricky because of the high tannin content of these fruits. Tannin seems to develop color where no color was and to darken and change if hot, soapy water or a hot iron strikes it. Heat and alkali change the colorless tannin to a rusty brown substance which clings tenaciously to the fabric. Once thoroughly set it is almost impossible to eradicate the rusty brown of a tannin stain.

Soak the peach, pear or plum stain in warm glycerin. Alcohol may be used, but it is inflammable. Rinse out the glycerin and if some of the stain still remains, follow the schoolboy motto of "try again", with a second application of glycerin. If traces still persist, use a sodium perborate bleach. Dissolve two or three teaspoons of the bleach in a cup of water and soak the stained spot in the solution. With sodium perborate it's not in the least dangerous to allow plenty of time for the brown to dissolve. Rinse again, before laundering in plenty of hot water and soapsuds.

GINGER ALE and BEER, TEA and COFFEE STAINS (if without cream) can be removed in the same manner as peach stain.

GRAPE JUICE and FRESH BERRY stains. Stretch the stained area over a bowl and hold in place with a rubber band. Pour boiling water onto the spot from a



height of three or four feet. If any of the stain remains, try rubbing the spot and pouring on boiling water alternately. If there are still traces, use sodium perborate or Javelle water.

RASPBERRY or FRESH BERRY ICE. Follow the same steps as for fresh berry juice stains.

TEA and COFFEE stains, if VERY FRESH and without cream, may be removed like berry stains. This method should be applied only while the stain is still moist.

COFFEE OR TEA WITH CREAM. Sponge with carbon tetrachloride. Dry. (Carbon "tet" dries very quickly). Sponge lightly with cold water. Then pour boiling water from a height as for grape or berry stains.

CHOCOLATE MILKSHAKES AND COCOA. CHOCOLATE ICE CREAM. Milk contains albumin, which is dissolved by cool water and set by heat. In addition both chocolate and ice cream contain fat. First sponge with carbon tetrachloride. Dry, and apply a little cool water. Then use a generous dose of soapsuds over the stained area, before laundering.

FRENCH SALAD DRESSING. Soak up as much oil as possible with white talcum, powder, cornstarch, or corn meal. It may be helpful to loosen the stain with carbon tetrachloride or some other fat solvent. Take care, if you're using one that's inflammable.

For very small grease spots on very large, otherwise spotless tablecloths, try applying a paste made of carbon tetrachloride and cornstarch or some other absorbent. Allow paste to stand on the grease spot several hours or overnight. The carbon "tet" will dissolve the fat and the cornstarch will soak it up. When the paste has dried the cornstarch can be brushed off easily and the spot has disappeared as if by magic. Better still, laundering of this tablecloth can be postponed until it has seen more service -- or until some cooler day.

For very large oil stains, such as an upset jug of French dressing, sousc the stained area in carbon tetrachloride before laundering. Rub plenty of soapsuds into the spot before it goes into the tub.

MAYONNAISE. For mayonnaise and cooked salad dressings containing egg, first sponge out the protein or albumin of the egg in cold water. Dry. Sponge with carbon tetrachloride. Dry, and sponge again with cold water.

EGG. Scrape off as much as possible and rub between the hands to loosen and shake out more particles. Sponge with cold water before laundering. For a fried egg, it may be necessary to use carbon tetrachloride also.

Here are a few DON'TS for removing spots:

Don't delay action. Start now. See the job through.

Don't press tablecloths that may have food stains. Remove spots before laundering.

Don't start with a strong, concentrated bleach.

Don't tackle egg, milk, meat, gravy or other albumin stains with hot water.

Don't forget to use glycerin to remove tannin.

Don't give up too soon. Impatience never took out a spot.

1.9
75111

INFORMATION FOR THE PRESS

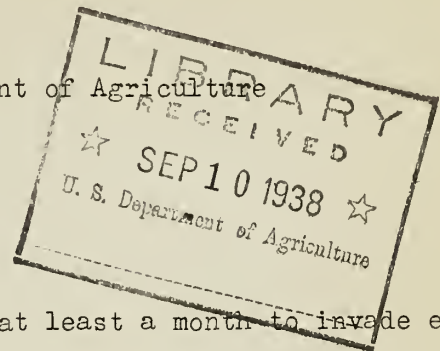
United States Department of Agriculture

RELEASE FOR PUBLICATION
SEPTEMBER 14, 1938

WASHINGTON, D. C.

THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture

NEW FOOD STANDARDS



Back in the days when it took a popular song at least a month to invade every city and village in the United States, applesauce was applesauce -- ice cream was ice cream -- and noodles were noodles. They were made right in the family kitchen and Mother took pride in keeping them always the same high quality.

Shopping for food then was fairly simple. It meant buying comparatively few kinds of food -- staples and other raw materials. Out of these the cook concocted her own varieties of pies, cakes, bread and salad dressings.

But with the march of time and machinery there came a change in this order of things. The scene shifted -- for the manufacture of many common foods -- from kitchen to factory. Many new food brands came on the market.

Congress in 1906 passed a Food and Drugs Act to control the rapidly growing food industry. This act was regarded in those days as a revolutionary measure. Unquestionably it did much in the 30 odd years of its enforcement to promote wholesomeness and honest labeling in commercial food products.

But in a generation of use this act became outmoded. Many abuses developed in the food field that were not foreseen at the time the law was framed. One of the most striking deficiencies was its lack of authority to establish food standards that had legal force and effect.

In the absence of authoritative standards, old food designations took on new meanings. "Noodles" bought at the store didn't necessarily have to have eggs in them -- unless they were specifically marked egg noodles. "Ice cream" became a term applied alike to a rich mixture "as good as Mother's" and to insipid frozen stuff, more than half air with just a trace of butterfat. Dishonest practices in the way of cheapening what should have been standardized staple foods developed in the highly competitive food industry.

It was to bring some order to this chaotic condition of food shopping that Congress passed the Food, Drug, and Cosmetic Act of 1938. Homemakers the nation over are watching with interest as the machinery of its enforcement gets in motion. For this law gives them new protection, throws up long-needed safeguards around their family's health and pocketbooks.

In this new act there is a provision that authorizes the setting up of standards for foods. This section, the real cornerstone of the food part of the act, gives the Secretary of Agriculture power to establish standards of identity, quality, and fill of container for nearly every food under its common name.

When minimum standards are established for the more common food articles, much shopping drudgery will be done away with. For instance, it will be possible for the shopper to ask for jam and be assured that it meets the government standard for jam without analyzing an itemized list of contents on the label. It will be as simple to buy salad dressing or ice cream as it is to buy butter today. Butter now is the only food for which there is a legal food standard.

Setting up food standards will necessarily be a slow process. It will not be completed in one year, or even two according to officials in charge of the administration of the new act. But already a start has been made. Secretary of Agriculture Henry A. Wallace, upon recommendation of the Chief of the Food and Drug

Administration, has appointed a Food Standards committee. This committee consists of five men and one woman, each one of whom has an expert knowledge of food.

It will be the task of this committee first of all to decide what foods most need to be standardized. Then by a detailed procedure outlined by Congress they will go about the task of fixing standards. They'll consider data gathered by expert chemists and food inspectors. They'll set up tentative standards. Then they will conduct formal public hearings.

These public hearings will take place in the Food and Drug Administration offices at Washington, D.C., and probably at other convenient places throughout the country. Here the public, producer and consumer alike, will have a chance to present facts -- to tell what they think should enter into each particular food standard. Then after thorough deliberation, the committee will draft the final standards, present them to the Secretary of Agriculture.

Although the food provisions of the new Food, Drug, and Cosmetic Act do not go into effect until June of next year the observing shopper will soon notice some changes for the better. She will see a new type of label on prepared foods for which there will be no standard set up immediately. And she'll notice the adoption by some manufacturers of containers of new shapes and sizes.

Formerly a food label had to meet only two requirements according to law. It had to give a true statement of quantity. And it could not make any false statements. But there was nothing that forced the manufacturer to print other worthwhile facts on the label. He could, and many did, fill it with beautiful prose that told absolutely nothing.

Under the new law the label must give useful facts -- name every ingredient in a food. If any artificial coloring or flavoring are added, the label must note that. Exceptions to this itemized labeling will be the food products for which

definite standards have been set up. For these products the mere name of the standard article will be sufficiently informative for intelligent shopping.

As the manufacturers exhaust their supplies of old type labels, many are already using the new ones before the deadline of June, 1939. But it is still up to the woman who buys to decide for herself what the information on these labels means to her family and to apply that knowledge to her shopping.

Probably there are few women who have not at some time or other bought a package of cheese -- or nuts -- or other food that looked as though it held much more than it actually did. It may have been the shape that deceived, or a false bottom in the box, or a slack filled container, or a paneled bottle in which the glass seemed to magnify the contents.

Under the new law the use of deceptive containers and slack filling will be illegal. Already some manufacturers are beginning to use new shapes and sizes of containers as their supply of old ones runs out.

These provisions of the Food, Drug, and Cosmetic Act concerning labels, containers, and food standards have been drafted chiefly to protect the shopper's purse. Other food provisions have been designed to safeguard public health.

Mothers of young children will be relieved when the provision prohibiting the inclusion of small metallic trinkets in candy goes into effect. Those who use foods manufactured for special uses in the diets, such as baby foods, will soon be able to check up on exactly what they are getting. Under the new law they must all be labeled fully -- with information as to vitamin content, mineral content, and other dietary properties.

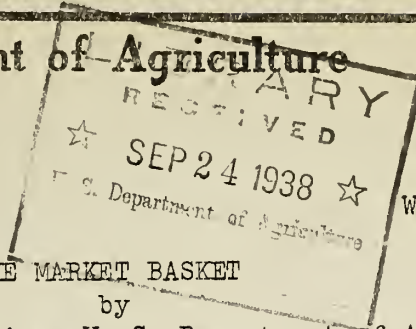
Another food provision of the law forbids the use in foods of uncertified coal-tar colors. Still another makes it illegal for anyone to sell food "injurious to health".

All in all, the new law, according to Secretary of Agriculture Wallace, "represents a great advance in public protection". Its provisions have been intelligently drafted to correct some of the more flagrant abuses in the food industry today. And there are "teeth" in the new law to make it effective -- in the form of increased punishments for violations.

INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION
SEPTEMBER 21, 1938 (WEDNESDAY)



WASHINGTON, D. C.

THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture

COUSINS TO THE CABBAGE

When Mark Twain made his famous remark about the cauliflower, how it was "nothing but cabbage with a college education", he started something. Nowadays it's a common custom to assign cultural rating to the various members of the cabbage family. They are either aristocrat or plebeian, bourgeois or proletariat, depending upon what the grocer's price tag says.

But dietitians and botanists recognize no such social distinctions. Dietitians have a high regard for all members of the family, but are more likely to show partiality on the basis of color than of price. Botanists, admit they can't remember, off hand, another vegetable which appears in so many different forms. Regardless of appearances, they insist that there is so little botanical difference between many members of the cabbage family -- cauliflower, Brussels sprouts, broccoli, kale, kohlrabi -- that they have assigned them not only to the same last name, but the same first name as well -- "Brassica oleracea".

But gardeners are staunch believers in economic differences between the various cabbage cousins. They know the back-breaking labor involved in picking off the lower leaves of the Brussels sprouts, and then cutting and packing these miniature cabbages by hand. The sensitive cauliflower must be protected from severe heat and cold, and its leaves must be hand-tied over the white heads to keep them from being discolored by the strong sunlight. Besides cauliflower must be marketed within a few days after cutting.

Many of the most popular members of the cabbage family, cauliflower, green or sprouting broccoli, Brussels sprouts, and Chinese cabbage are at their best and cheapest beginning about this time of the year. Kale and Brussels sprouts will continue to be available in quantity throughout the winter. Spring will bring new crops of broccoli and cauliflower, but they will not be quite so plentiful as the fall crop, on most markets. Kohlrabi has its innings from May through July.

The U. S. Department of Agriculture is predicting almost a record crop of cabbage, and a good crop of cauliflower for this year. Although no estimates are made for other members of the cabbage family, they all thrive on the same growing conditions, so it's safe to assume that there will be plenty of cabbage cousins on the market this fall.

Members of the Brassica or mustard family are among the best of vegetable foods, for they add valuable minerals and vitamins to the diet. Incidentally, for those who watch their calories, they are helpful, for none of these vegetables, except Brussels sprouts, adds more than 100 calories per pound as purchased. And "sprouts" add only 200 calories.

Although some forms of the cabbage have more vitamin C than others, all rate as "excellent" sources of that vitamin which must be supplied daily because it cannot be stored in the body. All the green cabbage cousins are rich in vitamin A and in calcium and iron. The greener the leafy vegetable the more vitamin A, calcium, and iron it is likely to contain. The leaves of broccoli are one of the very richest vegetable sources of vitamin A, the flowers are excellent and even the stems of broccoli have more of this vitamin than most vegetables. Kale and the greener forms of Chinese cabbage also furnish much A, a vitamin which is often low in the diet of families that find it necessary to economize on food.

When buying cauliflower on the market, select heads that are clean and white, firm and compact, and heavy for their size. Heads should be smooth, rather



than ragged or "ricy" in appearance, and should show no brown color or traces of decay. Outside leaves should be fresh, green and firm.

The best broccoli heads are of good size, 3 inches or more in diameter, compact, green and not overmature. The length of stalk and head should be at least five inches. Brussels sprouts are best if their outer leaves are fresh and firm, and of a delicate green color. They should not show traces of worms or plant lice. The outer leaves of the Chinese cabbage should be fresh and crisp.

Kale and kohlrabi should be picked while they are still very young and tender. Many home gardeners make the mistake of giving these vegetables too much time to grow, so they are tough before they are cooked.

If you are planning to serve 5 or 6 people, buy one medium sized head of cauliflower, weighing 2 to 2½ pounds, a quart of Brussels sprouts, or a large bunch of broccoli. Six medium sized kohlrabi, weighing about 1½ pounds, or 2 or 3 pounds of kale also will be enough for 5 or 6 servings.

It is especially important to avoid overcooking any member of the cabbage family, for they develop a strong taste, disagreeable odor, and an unattractive color if you do.

Green Brassicas will keep their color better if you cover them with rapidly boiling salted water, leave the cover off, and cook for the shortest time possible. Avoid adding soda; it might improve the color, but is sure to destroy some of the precious vitamin C, and give the vegetables an unattractive slimy surface. Cauliflower can be kept whiter if you add a pinch of cream of tartar to the cooking water but who objects to cauliflower with a creamy yellow tinge? Red cabbage will turn a blue purple which is most unappetizing, unless you cook it with very tart apples. Or a generous dash of vinegar or lemon juice at serving time will bring back the original "red".



Strange as it may seem, there will be less odor if the cover is left off, when cabbage, cauliflower, or kale are cooking.

Cooking broccoli presents the problem of getting the thick stems to the tender point without overcooking the fragile flower tops. Pare off the tough outer "bark" of very large stems, for even thick broccoli stems give real food value which is too likely to be wasted if the outside is stringy and hard. Probably the neatest way to get all parts of the broccoli stalk "done" at the same time is to slice the stems lengthwise, leaving a lacy fringe of green flowers at the top of each slice. Or the stems may be cut in pieces in some other fashion.

Kale is best if the midrib and stringy portions are discarded and the leaves chopped into small pieces before cooking. Kale, like green cabbage, is delicious "panned" or cooked in a skillet with hot fat, but no water. After "browning", cover the skillet and let the kale steam slowly 15 to 20 minutes. Sprinkle with flour and add a little cream or milk before serving. If you use this method, no part of the food value is discarded in cooking water.

Young and tender kohlrabi are delicious, if you've never tried them to find out. Trim off the leaves, pare the kohlrabi, then slice or cut in cubes and cook in boiling salted water for about 20 minutes. Serve with butter or cream.

There are dozens of delightful ways of serving cauliflower, and one of the best is to use it raw in fresh vegetable salad. Not a bit of the vitamin C goes to waste. Salad fanciers break cauliflower into very small flowerets and let them stand in a cold place to crisp. They are particularly attractive served on a relish tray with raw carrot sticks and green and ripe olives.

Entirely too many pretty, green Brussels sprouts are ruined by overcooking every year. If overcooked they become watery and strong-flavored, and their delicate green develops an ugly bronze tinge. Strip off any wilted or discolored outer leaves and boil in salted water until barely tender -- probably never longer than 20 minutes. When properly cooked, sprouts make an excellent vegetable for a company or holiday dinner. For an especially festive dish, serve them combined with large, cooked chestnuts and seasoned with browned butter.

INFORMATION FOR THE PRESS

United States Department of Agriculture

1.9
H 75M
RELEASE FOR PUBLICATION
SEPTEMBER 28, 1938 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

MORE HOT LUNCHES

Hot group lunches are unmistakably supplanting the tin "dinner" pail in American education. For it is "education" when warm, appetizing, well-balanced lunches help keep youthful minds and bodies in trim to make the most of their schoolhood days. Better lunches always result in better classroom work. It's obvious to teachers, and statistics prove they are right. And it's education, too, when children learn, through the lunchroom example, how to make good selections and form desirable food habits. Again, it's education, when the luncheon hour brings the children practical lessons in social contacts and table etiquette, with a little constructive art work in table decoration thrown in.

No one knows how many of the nation's 236,000 elementary schools serve group hot lunches. The number increases so rapidly that even the Federal Office of Education can't keep track. The country's thousands of lunchrooms are featured in the activities of parent-teacher associations, home demonstration clubs, country extension offices, 4-H club undertakings, and in the reports of State nutrition specialists and the records of Federal and State Works Progress Administration offices.

From such sources come many practical pointers on lunchroom work. Among others, there is a story of one county in Kentucky where 20 rural schools competed for lunchroom prize. Eighteen of the 20 schools boasted that more than half of their pupils drink milk regularly. Eleven of the schools made a perfect luncheon

record, so a strictly "outside" judge decided. In rating these, consideration was given to close observance of certain sanitary rules, such as medical examination for employees, satisfactory methods of washing dishes, and screens for all the lunchroom windows. Of course, points were awarded for well-balanced menus. Apparently the contest rules overlooked nothing, for there was even a place on the score card for table centerpieces, lunchroom window hangings, and "personal health habits", such as washing of hands before the midday meal and taking plenty of time to eat.

The vegetables grown in many school gardens often turn up later in hot soups served at the luncheon counter. Growing and harvesting the vegetables is usually the task of the boys' agricultural club. Then the 4-H girls take charge. They cut, mix, and process the vegetables under expert guidance.

Sometimes home demonstration club members can mixed vegetables to be used for school lunch soups. One North Carolina county owns a pressure canner capable of processing 90 quarts at a time. This canner makes the rounds of the county schools during the canning season, with a two-day stop in each community.

As communities become aroused to the urgent need of better food for school children, hundreds of different groups and individuals volunteer their help. Mothers, teachers, and club committees assume responsibility. Stores, markets and well-to-do individuals donate supplies. The Works Progress Administration has been paying wages to competent lunchroom helpers and government surplus food supplies have helped in building better balanced menus. In many small communities the older students prepare and serve lunches, under supervision, and National Youth Administration students wash dishes and clean up.

The school hot lunch is one dividend paying investment that experienced a boom during the depression. Educators had long advocated the movement, and years



of financial distress and drought made action imperative. Now the advantages of supervised, non-profit feeding of school children is almost universally recognized. Boards of education are gradually assuming responsibility for this important part of every school system.

In many rural schools, and others where there is very little equipment and little money to spend, lunchroom managers face a difficult task. Under such conditions, serving a varied menu which meets the food needs of the children is enough to challenge the efforts of the most ingenious. But the rules are simple.

First, build the lunch around one hearty hot dish. Once a week, the hot dish should contain eggs in some form, and on other days there should be meat, or occasionally a cheese dish, dried beans or peas attractively served, or a soup with real food value such as a rich cream soup or a fish or vegetable chowder. This, with a sandwich, -- which may be brought from home -- milk, and fruit, make a satisfying meal.

There should be milk to drink every day, one-half a pint for each child, and still more milk introduced in cream dishes, cream soups, and desserts.

If fresh milk is too expensive, or the quality is questionable, evaporated milk can be used. Dried skim milk can be substituted for fresh milk in hot drinks and in cooked foods. In using dried skim milk, one cup of the powdered milk mixed with $3\frac{3}{4}$ cups of water is the equivalent of one quart of fresh skim milk. To obtain the full food value of a quart of whole milk, use an extra $1\frac{1}{2}$ ounces of butter. Pasteurized milk is to be preferred to raw milk; and homogenized milk is also recommended because the fat is distributed through each bottle, and does not separate as a cream layer.

Tomatoes should be served twice a week during the winter months, in the main dish or as juice. And fresh fruits and vegetables should be on the menu

daily if possible. Carrot sticks, and turnip sticks are attractive and appetizing. They're easy to prepare and furnish more vitamin C than cooked vegetables.

If your're looking for hot dishes that can be prepared on top of the stove there are dozens.

Soups, and chowders are stand-bys for the no-oven lunchroom. Some of the best of them are cracked wheat chowder, peanut butter and tomato soup, split pea soup with cured pork, cream-of-potato, cream-of-tomato, or bean, pea, spinach or corn soup, and fish or clam chowder.

Other good top-of-the-stove main dishes include cheese bunny (white sauce enriched with cheese and beaten eggs and served on toast or crackers), creamed mixed vegetables and hard cooked eggs, codfish with spaghetti and tomatoes, kidney beans with tomatoes and rice, creamed potatoes, creamed chipped beef on potatoes or toast, creamed liver and potatoes, eggs and rice in tomato sauce, beef (veal or lamb) stew with vegetables, lima beans with tomatoes and bacon, lima beans with sausage, hamburger with spaghetti and tomatoes, meat and rice cakes. Scrambled eggs and tomatoes make a delicious and easily prepared dish with plenty of food value. Eggs are also good scrambled with bits of crisp bacon or with vegetables such as peas or string beans.

Some other dishes which can be prepared on top of the stove, but which have better flavor if they are at least browned in the oven, are macaroni and cheese, macaroni with ham and tomato sauce, Spanish rice, codfish and spaghetti with tomato.

If the hot dish is a vegetable such as creamed potatoes, boiled sweet-potatoes or squash, this may be made to assume a "square meal" atmosphere if strips of crisp bacon or a hard-cooked egg are added. Or the vegetable may be cooked with grated cheese or served with cheese sauce to add more food value.

Dishes that require the use of an oven, but are easily prepared, low in cost and fairly hearty, include potatoes scalloped with pieces of chipped beef or boiled ham, rice or macaroni loaf with tomato sauce, baked pork and beans, cheese fondue, baked potatoes. Scalloping vegetables such as cabbage or celery with cheese is another way of transforming a vegetable into a satisfying dish.

Recipes for many of the dishes mentioned above appear in a bulletin "Menus and Recipes for Lunches at School" prepared by the Bureau of Home Economics, to aid lunchrooms that cannot employ a trained manager. The booklet gives menus for three weeks and recipes to serve 50 pupils. Copies may be obtained without charge, while the supply lasts, by writing to the Superintendent of Documents, Government Printing Office, Washington, D. C.

